



INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter. As we move into the autumn and winter months, we have plenty planned at Hampton, with a varied programme of activities, outings, entertainment and seasonal celebrations for residents to enjoy.

Over the coming months, we will be making the most of everything the season brings, from pumpkin picking and Halloween crafts to Remembrance activities and our Christmas celebrations. Alongside our larger events, residents will continue to enjoy regular live entertainment, exercise sessions, pet therapy and activities based around their individual interests.

We are also delighted to welcome two new members to our team, Monika and Beth, who you can read more about later in the newsletter.

We hope you enjoy finding out what we have planned and look forward to welcoming relatives and friends to join us for some of our upcoming events.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Link](#)

Best wishes,

Justyna Kirihettige Don
Home Manager



SEASON PLANS

Pumpkin Trail and Halloween Fun

Autumn would not be complete without pumpkins, and residents will be heading to Hobbledown Heath in Hounslow to explore the pumpkin patch.

There will be time to look around, take photographs and choose pumpkins to bring back to Hampton ready for our Halloween preparations.

Once home, residents will be able to get creative with pumpkin carving and make their own Halloween decorations. These will be displayed in bedrooms and communal areas, giving residents the opportunity to put their own stamp on the seasonal decorations around the home.

Getting out and about is an important part of our activities programme, so combining an autumn outing with activities back at home gives residents different ways to get involved and enjoy the season.



Remembering Together

We will be marking Remembrance Day with a programme of activities offering time for reflection as well as opportunities for residents to reminisce and share their own memories.

Residents will be making poppy wreaths before watching the national Remembrance parade together. We will also be showing classic Second World War films, including The Dam Busters.

The day will conclude with a themed afternoon tea, giving everyone the chance to sit together and talk over refreshments.

For some residents, Remembrance Day has particular personal significance, so our activities will allow everyone to mark the occasion in whichever way feels most appropriate to them.



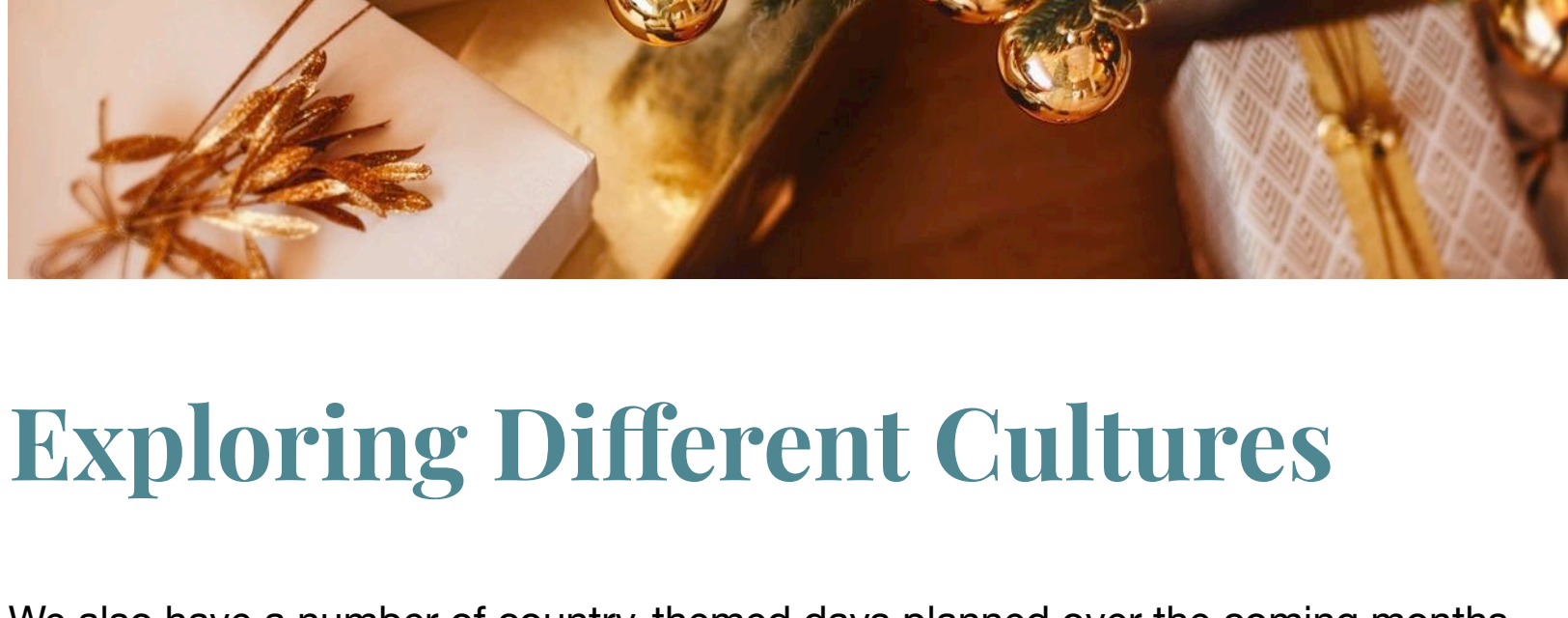
Christmas at Hampton

Christmas preparations will soon be getting underway, with residents helping to make decorations and bring some festive touches to the home.

Alongside our Christmas crafts, we will be settling down to watch some classic festive films and taking a trip to a local garden centre to see the Christmas lights and seasonal displays.

One of the highlights will be our annual Christmas Fair on 5th December. We will have a range of stallholders and seasonal treats, along with a special performance from a choir. It will be a lovely opportunity for residents, relatives, friends and colleagues to come together as we head into the festive season.

Carousel Theatre will also be returning to Hampton with a performance of Jack and the Beanstalk. Their visits are always popular and we are looking forward to enjoying a little traditional pantomime fun without residents having to leave the comfort of home.



Exploring Different Cultures

We also have a number of country-themed days planned over the coming months.

These days will give residents the opportunity to explore different cultures through food, music and activities, all without having to travel too far!

Themed days can be a good conversation starter, particularly for residents who have travelled or lived abroad, while also giving everyone the opportunity to discover something they may not have experienced before.



ACTIVITIES & EVENTS

Supporting a Good Cause

On 12th October, Hampton will be taking part in Wear It Pink Day in support of breast cancer awareness.

Residents and staff will be encouraged to add a little pink to their outfits, with fundraising and awareness activities taking place throughout the day.

Charity events provide an opportunity for residents and colleagues to come together for a shared purpose and remain connected with causes and campaigns taking place in the wider community.



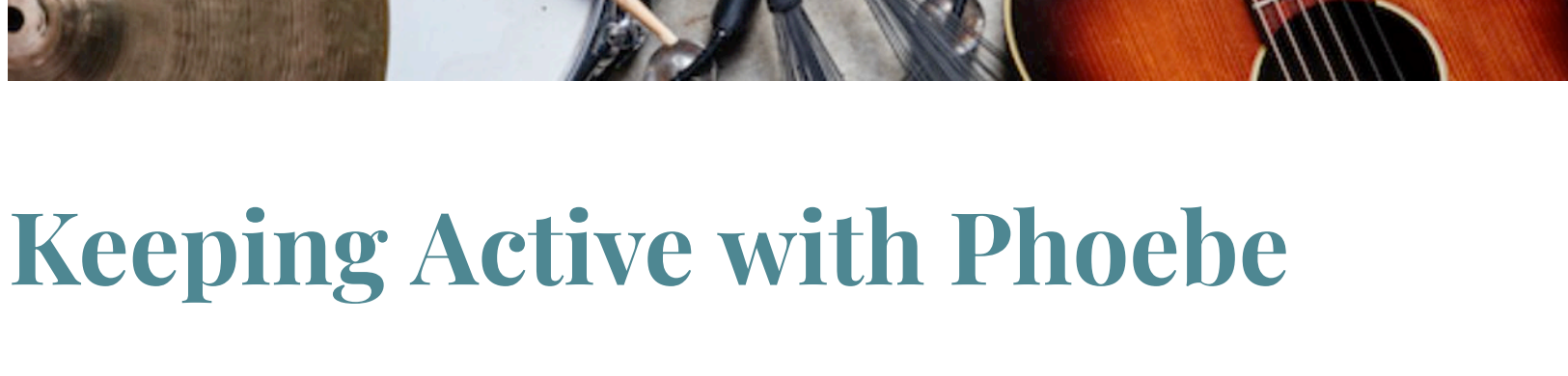
Music and Entertainment

Live entertainment continues to be a regular feature at Hampton, and we are pleased that Daniel, Heather and Alistair will continue to visit the home.

Their performances are always well received, with familiar songs giving residents the opportunity to listen, sing along or simply enjoy the atmosphere.

Having entertainers visit regularly means residents can enjoy live performances within familiar surroundings, and music often encourages conversation and brings back memories associated with favourite songs.

We look forward to welcoming Daniel, Heather and Alistair back over the coming months.



Keeping Active with Phoebe

We are pleased to introduce Phoebe, our new seated exercise coach, who has joined our regular activities programme.

Phoebe's sessions are designed so residents can take part from the comfort of a chair, with exercises helping to support movement, mobility and general wellbeing.

The group format also makes exercise a social activity, with residents able to encourage one another and enjoy some company while keeping active. Everyone is encouraged to participate at a level that is comfortable and appropriate for them.



Our Four-Legged Visitors

Pet therapy remains a firm favourite with residents and we are pleased to continue welcoming Jack and Basil, as well as Peter and Monty, for regular visits.

Spending time with animals can be a relaxing experience, particularly for residents who have owned pets throughout their lives. There is always plenty of interest when our animal visitors arrive, whether residents want to interact with them or simply enjoy watching what they get up to.

Their visits provide companionship and can prompt conversations about much-loved pets and other animals from years gone by.

We look forward to plenty more visits from our four-legged friends.



STAFF NEWS

Welcoming Monika and Beth

We have recently welcomed two new members to the Hampton team.

Monika joined us at the end of September as our new Head Chef. Mealtimes are an important part of the day at Hampton and we look forward to Monika getting to know our residents, their preferences and the dishes they particularly enjoy.

We have also welcomed Beth as our new Head of Activities. Beth joined us in September and will be helping to plan and deliver our programme of activities, entertainment, outings and events, working with residents to make sure their interests and ideas are reflected in what we offer.

We hope residents and relatives will join us in giving both Monika and Beth a warm welcome to Hampton.

COMING UP

Looking Ahead

There is certainly plenty to keep us busy as we move towards the end of the year.

October will bring our Wear It Pink Day, pumpkin trip and Halloween activities before we move into November and our Remembrance commemorations. Then it will not be long before the Christmas decorations begin appearing and preparations get underway for our Christmas Fair on 5th December.

Alongside these events, our regular entertainment, seated exercise, pet therapy and themed activities will continue, providing residents with a varied programme and plenty of choice about how they spend their time.

We look forward to enjoying the season together and welcoming families and friends to be part of life at Hampton over the coming months.

EXTERNAL LINKS

Social Media

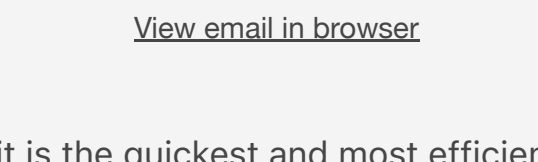
Make sure to check out the Hampton Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

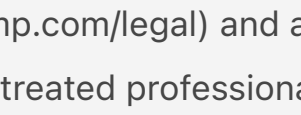
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[Carehome.co.uk](#) & [Google Reviews](#)



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